

Easy Ways to Eat More Fruits and Vegetables.

Eating your fruits and vegetables is a lot easier than you might think. One cup-equivalent of most fruits and vegetables is the amount that would fit in a measuring cup if chopped, or about 2 handfuls. The exceptions are raw leafy greens (2 cups count as 1 cup) or dried fruit ($\frac{1}{2}$ cup counts as 1 cup).

The following examples count as 1 cup:

- 1 small apple

1 large banana

2 medium cantaloupe wedges

1 medium grapefruit

1 large orange

1 large peach

1 medium pear

2 large or 3 small plums

8 large strawberries

1 small watermelon wedge

2 small boxes of raisins or other dried fruit
- 3 spears of broccoli

1 cup of cooked greens or 2 cups raw
(spinach, collards, mustard greens, turnip greens)

2 medium carrots or 12 baby carrots

1 large sweet potato

1 large ear of corn

1 medium potato






2 large stalks of celery

1 large bell pepper

1 large tomato

$\frac{1}{2}$ can of beans

For example, a 35 year-old fairly active woman would need $4\frac{1}{2}$ cups per day. The chart below shows what $4\frac{1}{2}$ cups might look like.

MORNING	<div>1 large banana</div> <div></div> <div>1 cup</div>	
MID-DAY	<div></div> <div>1 cup</div> <div>2 cups of lettuce count as 1 cup of vegetables</div>	<div></div> <div>1 cup</div> <div>1 small apple</div>
EVENING	<div></div> <div>$1\frac{1}{2}$ cups</div> <div>$\frac{1}{2}$ cup broccoli</div>	<div></div> <div>1 cup sweet potato</div>

Fruits and vegetables are only one component of a healthy diet. In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs, and nuts. It is also low in saturated fats, trans fats, cholesterol, salt, and added sugars.

